



# Ladies First offers FREE:

Mammograms, Pap tests,  
and screenings for cholesterol,  
blood pressure, and diabetes.

Ladies First membership is based on:

- Vermont residency
- age
- number in household\*  
& income

## Gross income for 2013 *(before taxes)*

Number in household*	Yearly	Monthly
1	\$28,725	\$2,394
2	\$38,775	\$3,231
3	\$48,825	\$4,069
4	\$58,875	\$4,906
5	\$68,925	\$5,744

\* Anyone living in the household that is related by marriage, civil union, or a dependent child related by birth or adoption. For additional family members, add approximately \$10,050 yearly and \$838 monthly.

**Ladies  
First**

VERMONT DEPARTMENT  
OF HEALTH

[www.LadiesFirstVt.org](http://www.LadiesFirstVt.org)

Call Kate today at  
**1-800-508-2222**

For Deaf and Hard of Hearing individuals,  
please use Vermont Relay Service 711  
and give our number: **1-800-508-2222.**

*For Vermont women age 21 and over who qualify*



## Ladies First pays for:

### BREAST

- breast exam
- breast self-exam instruction
- mammogram (breast x-ray)
- more tests as needed

### CERVICAL

- pelvic exam
- Pap test
- more tests as needed

### HEART HEALTH

- blood pressure
- cholesterol
- height and weight
- diabetes test
- personalized nutrition plan
- help with healthy eating and weight loss
- help with quitting smoking



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*Ladies First also pays for transportation and interpreter services.*

## Call Kate today at 1-800-508-2222

Ladies First members will be referred for full Medicaid coverage if breast or cervical treatment is needed. Members can have private health insurance including Catamount. If you have insurance, your insurer must be billed first and you will be responsible for any co-pays and deductibles that apply. Ladies First is unable to enroll or cover women who have VHAP, Medicaid or Medicare Part B. VHAP, Medicaid and Medicare Part B offer these check-ups.